



Lamb Shank or Scotch with Quince & Almonds

- 6 Lamb Shanks or 1.2 kg Lamb Scotch
- 2 Onions finely chopped
- 3 cloves garlic crushed
- 2 tbs fresh coriander chopped
- 2 tsp cumin ground
- 1 cinnamon quill
- Rind of a lemon finely chopped
- Salt and Black pepper to taste
- 2 cups red wine
- 750 g veal or chicken stock
- 100g roasted unblanched almond
- 2 whole fresh quinces peeled and sliced

Brown the meat, coated in a little oil in a separate pan. Sauté 1 finely chopped onion, 2 cloves crushed garlic, 2tbs coriander, 1tbs cumin, salt, pepper and, or some chilli if you wish. Cover with red wine and reduce. Place the meat in the pot, cover with stock and add 1 cinnamon quill and the rind of a lemon. Simmer for two or three hours, adding peeled and sliced quince and toasted almonds for the last hour. Serve with couscous or rice.

Dried figs can be substituted when quinces not in season